



ST FRANCIS DE SALES COLLEGE

Graded 'A' by NAAC || Affiliated to Bangalore University
Electronics City Post, Bengaluru - 560 100 || www.sfscollge.in

Report on an Awareness Session on Obesity

Date: 14.11.2018

Venue: Business Lab

Conducted By: Ms. Janay, In-house Nurse

Attended By: Non-Teaching Staff

Organised By: Health Club, St. Francis de Sales College, Electronic city, Bengaluru

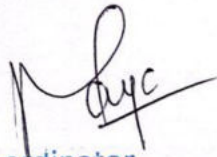
The Health Club of St. Francis De sales College conduct various awareness programs for the students to ensure that our students stay mentally fit and physically healthy. The vision of the health club is to create awareness about health related issues and also guide the SFS community towards a healthy and happy life. The health club also initiates a number of activities every year to make sure that the club nurtures to the need of the college in providing the needful to the society.

St. Francis de Sales College has an in-house nurse Ms. Janay and she regularly conducts sessions and awareness programs for the students and staff of the college. Along with the Health Club, she conducted an Awareness Program on Obesity for the non-teaching staff of the college. The program was conducted at the Business Lab between 12 p.m. to 2 p.m.

The session started with an introduction to what is obesity and how the medical world term obesity. Then she explained what the causes of obesity are and how to avoid them. Then she explained how a healthy diet will make us healthy as well as to keep fit. Followed by the session there was a checkup session on height and weight for the non-teaching staff and feedback was given by the nurse to keep their weight under control.

She also have discussed on the problems related to obesity: Excess weight may increase the risk for many health problems, including

- type 2 diabetes
- high blood pressure
- heart disease and strokes
- certain types of cancer
- sleep apnea
- osteoarthritis
- fatty liver disease
- kidney disease
- pregnancy problems, such as high blood sugar during pregnancy, high blood pressure, and increased risk for cesarean delivery



Co-ordinator
Internal Quality Assessment Cell
St Francis de Sales College
Electronics City Post, Bangalore - 560 100.



PRINCIPAL
St. Francis de Sales College
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Students interacted with the speaker of the day


Co-ordinator
Internal Quality Assurance Cell (IQAC)
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